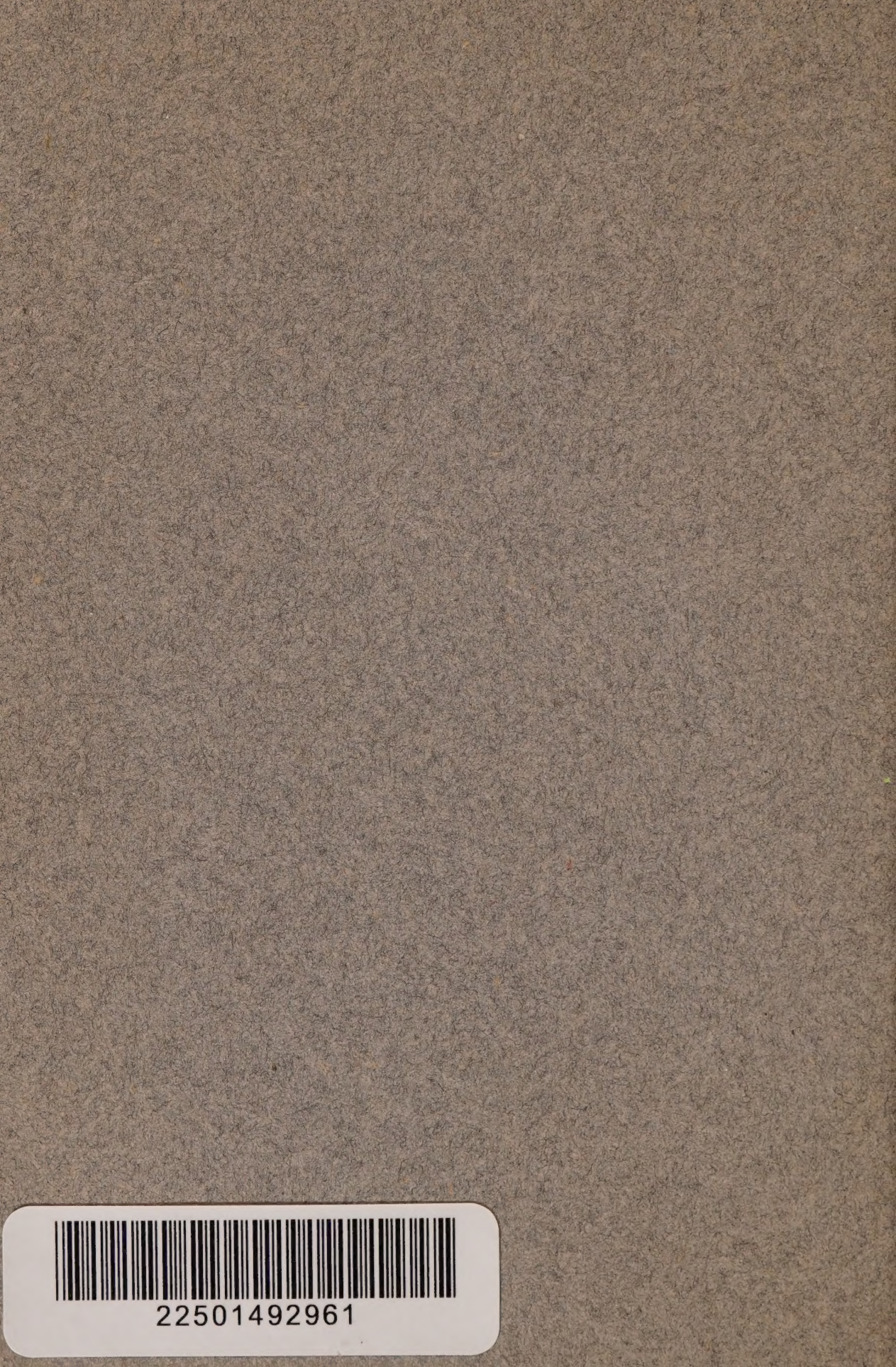
DAVIS' SEA FOOD RECIPES

FRANK E. DAVIS FISH CO.
8 CENTRAL WHARF GLOUCESTER MASS.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FOREWORD

HE recipes in this little book have been selected or devised with special reference to our own products, and an effort has been made to have the quantities right for our special packages.

We have included methods of using each of our products, and aimed at getting as much variety as possible rather than trying to state every possible way of using each article. Many additional ways or variations will readily occur to the thoughtful cook, and we shall be glad to receive other recipes from all who wish to co-operate with us in making later editions more complete.

We shall be pleased to send a copy of this book without charge to anyone requesting it.

FRANK E. DAVIS FISH COMPANY

8 Central Wharf, Gloucester, Mass.

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SALT MACKEREL

FRESHENING SALT MACKEREL

Salt mackerel must always be freshened before cooking. Tastes differ in regard to the degree of freshness required. Twelve to forty-eight hours may be allowed according to personal taste. The fish should be put in a large amount of fresh water, meat side down, and if convenient raised a few inches from the bottom of the vessel that the salt may drop down away from the fish as fast as extracted. The water should be changed several times. For broiling or frying, the fish should be freshened somewhat more than for boiling, baking with cream or cooking in any way with milk, as milk is very efficient in covering up the salty flavor. To hasten the freshening process, it is sometimes desirable to cut out the bone of the fish or to make several gashes in the flesh.

BROILED MACKEREL

Freshen the fish as above. Then wipe it dry and lay it on the gridiron. First broil it a nice brown on the flesh side, then turn and brown on the other side, which will not take as long. After broiling, cover lightly with butter and pepper to suit the taste. Serve flesh side up, garnish with parsley, watercress and a bit of lemon. The broiled mackerel may be served with white sauce. After the fish is broiled, some prefer to rinse quickly in boiling water before putting on the butter and garnish.

FRIED MACKEREL

Freshen the mackerel as above. Dry thoroughly with a cloth. Have one egg and one tablespoonful milk slightly beaten up together. Brush the mackerel with this, and roll in cracker crumbs, shaking off all that do not readily adhere. Fry in butter or beef fat in fry pan, or cut the mackerel in four inch sections (enough for one serving), dip each in the milk and egg and then in the cracker crumbs, and fry in deep fat which has first become piping hot. When thoroughly cooked and well browned lay the fish on one or two thicknesses of brown paper and set in the oven two or three minutes. Then arrange on platter and garnish with lemon and parsley. Baked potatoes go best with this.

BAKED MACKEREL

Freshen the fish, then lay in a baking pan or earthen dish. To a medium sized mackerel add one pint of milk or cream and bake until milk is nearly gone, leaving simply a thin juice. Two minutes before serving add a small piece of butter. This with the milk makes a thin sauce to pour over the fish when it is on the platter. Serve with baked potatoes.

MACKEREL A LA CREME

Freshen the mackerel as usual. Place in kettle on a wire rack to prevent sticking to bottom of kettle. Cover with milk and boil half an hour. When tender place on a platter skin side down. Cover with one cup of

white sauce. Those who like fish with the least amount of salt will prefer this dish to many others because the cream reduces the salty flavor very much.

BOILED MACKEREL

Freshen as directed. Put it on to boil in cold water with white potatoes, and boil gently for thirty minutes.

MACKEREL AU GRATIN

Prepare as for creamed mackerel. Sprinkle some grated cheese over the top and set it in the oven ten or fifteen minutes before serving until cheese is melted and browned (probably fifteen minutes).

SCALLOPED MACKEREL (PLAIN) (1)

(a) Use cold boiled or broiled mackerel. Break with a fork into large flakes. Put one and one-half cups of this in a small baking dish. Pour over it one cup white sauce lifting the fish a little with a fork to let the sauce down through it. Sprinkle the top liberally with bread or cracker crumbs and dot generously with small dabs of butter. Bake one-half hour in a hot oven. Should be a nice brown.

(b) Or prepare in same way using instead of one cup of white sauce one-half cup of white sauce mixed with one-half cup tomato juice in which a salt spoonful of soda has been dissolved.

SCALLOPED MACKEREL 2

Freshen the mackerel and pick it into bits, carefully removing bones and skin. Put in a buttered baking dish a layer of force, rolled shredded wheat biscuits, or any of the ready-to-serve cereals, then a layer of the flaked mackerel. Continue until about three-quarters of an inch from top of dish. Fry, but do not brown, one slice onion in three tablespoons butter; remove onion, add two tablespoons cornstarch and blend thoroughly. Add a little at a time two cups milk and cook until thick with one teaspoon chopped parsley and dash of pepper. Pour this over the fish. Add a thin layer of crumbs with which a tablespoonful of melted butter has been blended and bake in moderate oven from thirty to forty-five minutes according to size of dish.

SCALLOPED MACKEREL WITH TOMATO

Cook one can tomatoes with one bay leaf, blade mace, slice onion and three cloves for twenty minutes and add pinch soda and strain. Cook two tablespoons cornstarch in two tablespoons butter. Gradually add the strained tomato pulp and cook until it thickens. Then pour over the mackerel and crumbs prepared as above and bake. Cold boiled potatoes sliced thinly may be substituted for the crumbs in either recipe. Always put the layer of crumbs and butter over the top. A sprinkling of grated cheese may be added if desired.

SALT HERRING

Freshen and prepare by the same recipes as salt mackerel.

SALT SALMON

Freshen and prepare by any recipe given for mackerel. Serve salmon dishes with peas as the most suitable vegetable.

TONGUES AND SOUNDS

Freshen the tongues and sounds by standing in cold water about twenty-four hours. Prepare by placing in fresh cold water putting on the stove to boil and boiling for about thirty minutes. Serve with white sauce, beets and potatoes.

COD SOUNDS

Thoroughly freshen them. These may well be prepared by boiling gently until tender, then slash into small pieces and season with butter and pepper.

FRIED COD TONGUES

After freshening in cold water boil them until they are thoroughly cooked. Wipe dry and dip in one tablespoon milk and one egg, then in cracker or bread crumbs and fry in deep fat.

FISH HASH FROM TONGUES AND SOUNDS

From any of the tongues and sounds, or codfish, or other cold fish that may be left over, an excellent fish hash may be made as follows: Mix one cup fish with one and one-half cups potatoes and one-fourth cup white sauce if left over, pepper and season to taste. Chop and make into cakes and fry, or fry without molding like an omelet. Lemon juice and mustard gives good flavor to fish hash. If the hash is prepared from cod a larger proportion of potato should be used.

CODFISH

HOW TO FRESHEN SALT COD

Codfish freshens very readily. Two to twelve hours would be sufficient for any purpose. For many recipes previous freshening is not necessary.

OLD-FASHIONED CODFISH DINNER

Strip the fish into small pieces or flakes. Put in a sauce pan and more than cover with cold water. Let it come just to a boil and then turn off the water. Again cover with cold water and let come to a boil. Much boiling will make the fish tough. This should be served with pork fat and scraps made by cutting salt pork into tiny dice and frying until crisp, using both the scraps and the fat served hot from the gravy bowl. If preferred, the plain white sauce described under fish sauces may be used instead of the pork fat. With this dinner boiled potatoes and beets should always be served.

BROILED SALT COD

After being freshened strip the cod into long flakes which should then be broiled over hot coals. Spread with butter and serve at once.

CODFISH SOUFFLE

For this, use the Codfish Fluff, which may be freshened by just standing in water a few moments and squeezing dry. For every cup of codfish use two cups of mashed potatoes, one-half cup of milk, two well-beaten eggs and one-fourth cup of butter. Have the milk and butter hot in a large sauce pan. Stir in the fish and mashed potato and beat thoroughly like cake. In a bowl beat the whites of the eggs stiff. Add the yolks and beat a minute longer. Stir the eggs quickly and lightly into the potato mixture and turn at once into a baking dish. A bit of pepper is all the seasoning necessary. Bake at once in hot oven half an hour. Serve at once when done. Should be light and fluffy.

SCALLOPED CODFISH

(a) Use cold boiled codfish. Break with a fork into large flakes. Put one and one-half cups of this in a small baking dish. Pour over it one cup white sauce, lifting the fish a little with a fork to let the sauce down through it. Sprinkle the top liberally with bread or cracker crumbs and dot generously with small dabs of butter. Bake one-half hour in a hot oven. Should be a nice brown.

(b) Or prepare in same way using instead of one cup of white sauce, one-half cup of white sauce mixed with one-half cup tomato juice in which a salt spoonful of soda has been dissolved.

SCALLOPED CODFISH WITH CHEESE

Prepare as above except that cheese is strewn thickly on the top before baking.

CREAMED CODFISH

Strip the cod into small pieces. Place in cold water and let it come to a boil. Drain off the water and add a pint or more of milk to the fish according to the amount of cod used. Boil slowly for fifteen minutes, then add butter, a little pepper, and a thickening of one heaping tablespoonful of flour in enough cold water to make a cream. Stir well and cook about five minutes longer. Add one well beaten egg.

FISH SAUCE ON TOAST

Make one cup white sauce. Add to this one-half cup codfish which has been freshened and broken into small pieces. Then stir in the white of a hard boiled egg finely chopped. Spread this on slices of buttered toast and decorate with little patches of the egg yolk rubbed through a strainer.

FISH AND POTATO CROQUETTES

Use one cupful of cold cooked codfish with an equal quantity of potato. Add a bit of butter and pepper to taste. Form into croquettes. Roll in egg, then in cracker crumbs and fry in deep fat.

PINK HASH

The remains of an "old-fashioned codfish dinner" may be chopped and made into hash. Use this proportion: Three-fourths cup fish, one cup

of potato, one-fourth cup beets. Put a spoonful of the pork fat and scraps in fry pan. Press the hash firmly together and fry a good brown on each side. Serve pickles or Chili Sauce with it.

FRIED CODFISH

If well freshened, codfish may be cut into squares, dipped in egg and milk and rolled in cracker crumbs and satisfactorily fried as you would any fresh fish.

CODFISH CHOWDER

One thin slice salt pork (about three inches square). Two thin slices onion. Cut these up in small pieces and cook together in a kettle (stirring constantly), until the fat is all extracted from the pork and the onion is well browned. Remove the pieces from the kettle using only the liquid fat. Add two small potatoes cut in small dice or slices, one and one-half cups of codfish freshened and cut in small pieces and cook with just enough water to keep it from burning until potatoes are tender. Then add three cups of milk and season to taste. When milk reaches boiling point the chowder is ready to serve. With it serve crackers, either dry or soaked a minute in the hot chowder. The crackers called Pilot Bread are best.

FISH OMELET

If you have any scraps of fish left from the day before use them for your omelet. Beat the whites of three eggs stiff, add the yolks and beat a minute longer—add three tablespoonfuls milk. Season to taste. Have a small piece of butter melted in fry pan. Pour in omelet and cook slowly. When nearly done add the small bits of fish and fold gently together, or fish may be stirred into the omelet before cooking. Unless the fire is a very slow one it is sometimes better to put the fry pan in the oven for the finishing off that the omelet may not burn on the outside before it is firm.

CODFISH FRITTERS

To three well beaten eggs, add one cup of flaked and freshened fish; make this into a batter with one-half cup of flour, in which has been sifted one-half teaspoon of baking powder. Cook by dropping tablespoons of the mixture into hot fat.

CODFISH STEW

Pick three-fourths cup of codfish into small pieces. Cover with cold water. Bring to a boil, turn off water and add one pint milk. When hot, season with a little pepper and butter size of a walnut. Serve oyster crackers or dinner biscuit with this.

CODFISH FLUFF

CODFISH BALLS OR CAKES

Put the Codfish Fluff in a strainer and freshen by allowing cold water to run through it a minute or two. Squeeze the fish dry and measure. To

one cup of this add two cups mashed potato, one beaten egg and a bit of pepper. If milk or butter have not been already beaten into the potato it may be necessary to add a spoonful or two of milk to the fish ball mixture. With floured hands mold into cakes or balls. They should then be dipped into egg and milk (one tablespoonful of milk to one slightly beaten egg) and rolled in cracker crumbs. Fry in deep fat. Serve either just as they are or with poached eggs or with a dressing of tomato sauce.

Codfish Fluff is preferred by many for preparing such dishes as baked, scalloped and creamed codfish by the various methods as it is ready for use without previous freshening except a minute or two in cold water.

SMOKED HALIBUT

Smoked halibut is a splendid appetizer served without any preparation whatever except cutting into inch cubes.

CREAMED SMOKED HALIBUT

Cut the halibut into thin slices. Prepare a white sauce as follows: One pint milk, two tablespoonfuls butter, two tablespoonfuls flour and half a saltspoonful pepper. Put two spoonfuls butter into a saucepan and melt without letting it brown, add the dry flour, mixing well. Stir in the milk a little at a time and cook, stirring rapidly until it thickens. Season with pepper. If carefully made it will not need to be strained. Add the halibut and serve on toast.

BROILED HALIBUT

Freshen the halibut by soaking over night or else by standing an hour in hot water. Drain the fish, place on a buttered toaster and broil on each side a delicate brown. Butter and serve with baked potatoes and graham muffins or other hot bread.

BOILED HALIBUT

Soak several hours until freshened. Cut or tear into small pieces. Put on in fresh cold water and bring to a boil. If not sufficiently freshened change the water and let it boil up again. Drain it, season with pepper and butter. Garnish with slices of hard boiled eggs to be served with the fish. A white sauce may be served with it.

CANNED FISH

A great variety of dishes may be obtained from canned fish either simply or elaborately prepared, but care should be taken that only the best grade of canned fish is used. It will then be absolutely safe and satisfactory. Fish should always be removed from the can immediately after opening.

LOBSTER

PLAIN LOBSTER

As soon as the can is opened the lobster should be taken out, placed in a strainer, and well rinsed. It will then be bright and clear in appearance and if you desire it may be used without further preparation. Let-

tuce dressed with oil and vinegar is a good accompanying dish or the lobster itself may be dressed with vinegar or garnished with lemon.

LOBSTER SALAD

Cut lobster in half inch cubes. Mix with a small amount of salad dressing and serve on fresh crisp lettuce leaves putting additional dressing on the top of each salad. Salad should be mixed just before serving and everything be kept on the ice until the last moment. We give two recipes on the last page of this book to make your own dressing.

LOBSTER STEW

Heat one pint of milk. When thoroughly hot season with an ounce of butter, pepper and salt to taste. Then add the contents of a one-half pound can of lobster cut moderately small. Serve hot with dinner biscuit or crackers.

LOBSTER SOUP BISQUE

Cut into small pieces a half pound can of lobster. Put on the stove with three cups of milk, one-half cup cracker crumbs, one-fourth cup of butter, salt and pepper to taste, a little onion if desired and let it simmer until the lobster is well heated. It need not boil as the lobster is already thoroughly cooked.

LOBSTER CUTLETS OR CROQUETTES

One pound can of minced lobster seasoned with a quarter teaspoonful salt, a dash of paprika and one teaspoonful each of lemon juice and minced parsley. Moisten with one cup of double white sauce and beaten yolk of one egg. When cool shape into cutlets, dip in egg and crumbs. Let them stand an hour or two on ice, then fry in deep fat, being sure it is piping hot first. These may be browned instead in butter in a fry pan, but the deep fat is better.

LOBSTER FRICASSEE

Chop the meat of a can of lobster. Add salt, white pepper, a speck of cayenne, a tablespoon of cream and one of vinegar. Mix well. Melt in a saucepan a tablespoon of butter, add the lobster and let it simmer until very hot and serve immediately on toast or with toasted crackers.

LOBSTER A LA NEWBURG

Cut the lobster meat from a pound can into small pieces and heat in a chafing dish in one rounded tablespoon of butter. Sprinkle over it a little salt and paprika or red pepper and add one tablespoon each of sherry and brandy. Then beat the yolks of two eggs, add one cup of cream and turn it over the lobster, stirring until thick and smooth. Serve at once directly from the chafing dish over wafers, Uneeda Biscuit or hard dry toast.

CREAMED LOBSTER

Melt one tablespoon of butter in a chafing lish or saucepan. Add one tablespoon of flour, stirring until smooth. Then add one cup of cream

or milk. Cook until it thickens, season with salt and pepper; add lobster meat, cooking slowly until thoroughly heated. Serve on buttered toast.

LOBSTER IN TIMBALES

Make a white sauce, season with salt, pepper, (onion juice and mustard if desired), and chopped parsley. Add lobster meat chopped coarsely and cook two or three minutes. Fill the timbales or croustades with this mixture, brush over with beaten egg, cover with bread crumbs, put little lumps of butter on the top and bake in a quick oven.

LOBSTER SANDWICHES

Cut the lobster up fine, mix with salad dressing and spread on thin slices of bread, crackers or toast. If at hand a lettuce leaf laid next to the lobster adds to the attractiveness.

FRIED LOBSTER

The whole pieces of lobster meat may be dipped in egg and cracker crumbs and fried in deep fat. Garnish with slices of lemon and serve with Julienne, French or other crisply fried potatoes.

STEAMED LOBSTER OR MOCK BROILED LIVE

Heat the pieces of lobster meat thoroughly in a steamer kettle. Serve in hot dishes, sauce made of melted butter, vinegar, chopped parsley, pepper and salt to taste. All should be piping hot. Butterthin crackers, buttered, sprinkled with salt and browned in the oven a few minutes are delicious with this. Olives and potato chips may also be served and beer or ale does not detract from this attractive lunch.

DEVILLED LOBSTER

One-half cup white sauce, one teaspoonful lemon juice, a bit of mustard, cayenne, salt to taste, the contents of one-half pound can of lobster finely chopped, and one well beaten egg. Mix these thoroughly. Put in individual dishes, sprinkle well with cracker crumbs and small pieces of butter and brown in a hot oven. Garnish with lemon or parsley or both.

MINCED LOBSTER ON TOAST

Melt one-fourth cup butter in frying pan, add pepper, salt and juice of half a lemon. Stir in the lobster cut in small pieces and cook a few minutes, stirring continually until butter and lemon have nearly cooked away. Serve on thin slices of crisp toast.

CRABMEAT

Every recipe given above for lobster may be used for preparing crabmeat.

CRAB SOUP

Boil one quart of chicken or veal stock, or milk. Boil with it one slice of onion. After ten minutes remove the onion and thicken the broth with one tablespoon of flour cooked in one tablespoon of butter. Add one teaspoon of salt, one saltspoon of white pepper, a few grains of cayenne and one cup of hot strained tomatoes with a pinch of soda in it. Add a can of crabmeat and when hot serve at once.

CRAB WITH MUSHROOMS

Use two cans Pacific Coast or one can Japanese crab and half a can of mushrooms cut into dice. Make a sauce in a frying pan of two tablespoonfuls of butter and one tablespoonful of flour stirred until smooth, and one cup of milk. Mix the crabmeat and mushrooms well together, season with paprika, salt, and a dash of onion juice; turn into the sauce, cook three minutes, remove from the fire, add quickly three tablespoonfuls of cream heated with a pinch of soda, set over the fire for one minute, add a glassful of sherry and serve hot.

CRAB CREOLE (1)

Rub a stewpan with a clove of garlic. Chop fine three little onions and two green chili peppers, first removing the seeds. Put them into the stewpan with two tablespoons of butter, salt and cayenne pepper and stew slowly ten minutes, then add one large peeled tomato, and stew ten minutes longer. Then add one tablespoon of flour, three-fourths of a cup of rich milk or cream and milk mixed with a pinch of soda in it. This sauce should be as thick as white sauce, and may need more flour. Add one or two cans of crabmeat, and serve as soon as it is hot, on buttered toast.

CRABS A LA CREOLE (2)

Take half a cupful of tomatoes, a green pepper, a small onion, stew all down with a pat of butter for ten minutes, then add a can of crabmeat, stew again till thoroughly heated. Serve on strips of toast.

DEVILLED CRABS

Can of crabmeat, one cup of very fine bread crumbs moistened with one-half cup milk, yolks of two hard-boiled eggs rubbed through strainer, small pinch of mustard, one level teaspoon salt, one pinch of cayenne pepper, one-fourth cup melted butter, mix well. Fill the timbales or small dishes with the mixture, sift very fine bread crumbs lightly on top, dot with butter. Brown quickly in hot oven, being careful they do not burn.

CURRIED CRAB

Take canned crabmeat and sprinkle with a little paprika or cayenne pepper and a dusting of dry mustard, and stand aside. Put two ounces of butter into a frying pan, and when hot, add a finely minced onion and a small green apple, peeled, cored and chopped. Fry till onions are a delicate brown, add the crab and cook for five minutes, then drain off surplus fat, if any. Mix a tablespoonful of curry powder with a teaspoonful of flour, blending it smoothly with a little cold water, add slowly a cupful of hot stock and turn into the crab mixture. Simmer for fifteen minutes, stirring frequently. Season with salt, and when ready to serve chop up a gherkin or two, and add it with a tablespoonful or so of chutney. Surround with a border of rice.

CRAB TOAST

Put one can crabmeat in saucepan, with melted butter, one teaspoonful chopped celery, a level teaspoon of flour, one-half cup of cream, salt and pepper to taste. Simmer until reduced to suitable consistency for spreading on thin slices of toast. Garnish with a few slices of olives on each slice. A dash of sherry when nearly cooked is an improvement. Lobster toast may be made in the same way.

CRAB CANAPES

Boil down one cup of white sauce with half a cup of white wine till it is reduced one-half. Season with salt, red pepper, and a little grated cheese. Then add a can of crabmeat, boil up gently for a few minutes, then spread on six slices of toast, sprinkle with grated cheese and put in hot oven until cheese is melted and brown. Serve garnished with parsley.

CRAB WITH POACHED EGGS

Toast a slice of bread a dainty brown, and after buttering it slightly, spread a half-inch layer of minced crab over the toast, set it in the oven so that it will be thoroughly hot when the eggs that you have broken into the egg basket and set into hot water are poached. The eggs should be lifted from the water and one laid on each slice of the toast and crabmeat.

CRABMEAT SALAD IN TOMATO BASKETS

Scald and peel medium sized tomatoes. Take a slice off the top and remove the inside. Place these on lettuce leaves, and fill with crabmeat dressed with mayonnaise or tartar sauce. Fill the tomatoes, put a spoonful of mayonnaise on top and serve.

MARYLAND CRABMEAT

Make a rich cream sauce, add one cup crabmeat, two hard boiled eggs chopped fine, season with salt and pepper, and when ready to serve add two tablespoonfuls Worcestershire Sauce. Serve with or on toast.

CRAB TIDBITS

This product should be served cold just as it comes from the can on tender lettuce leaves, either plain or with Mayonnaise Dressing, vinegar or a lemon. It may also be used for sandwiches mixing either with mustard, Mayonnaise Dressing or Mousse D'Anchois.

CROQUETTES FROM CRAB TIDBITS

Mix one can crab tidbits with two well beaten eggs, half cup cracker crumbs, tiny pinch red pepper, salt to taste. Dip out with tablespoon and fry a nice brown in hot butter or pork fat. Serve hot with lemon.

SHRIMPS

Shrimps may be prepared by most of the recipes given above for lobster or crabmeat. Peas should be served with most shrimp dishes, especially those made with white sauce. Shrimps should be always rinsed as soon as taken from the can. Do not retain the juice.

SHRIMP WIGGLE

Into two cups of white sauce stir two cans of whole shrimps. When hot turn this creamed shrimps over six or more slices of buttered toast arranged on a large plate. Sprinkle over all a can of peas previously heated and seasoned. Or arrange the slices of toast and shrimps around the edge of a platter and have a mound of peas in the center.

SHRIMP A LA NEWBURG

Cut the shrimps in small pieces, heat in two tablespoonfuls of melted butter, with a little salt and a shake of paprika and a tablespoonful of sherry, brandy or lemon juice. Remove the shrimps and make a white sauce by adding one tablespoon flour and one and one-half cups milk. When slightly thickened add one beaten egg, turn shrimps into this and cook one minute.

SHRIMP SANDWICHES

Mix minced shrimps with mayonnaise and a little lemon juice. Spread between thin slices of bread and serve on lettuce leaves.

SCALLOPED SHRIMPS (1)

One can shrimps rinsed and chopped; equal quantity cracker crumbs; one egg, a little mace and salt; milk to moisten. Mix in the order given, turn into a small buttered baking dish, putting dots of butter on top and bake half an hour.

SCALLOPED SHRIMPS (2)

One can shrimps rinsed and chopped. Mix with white sauce. Sprinkle top with cracker crumbs and dot with small pieces of butter. Brown in hot oven, probably one-half hour.

SHRIMP CUTLETS

Chop or mince two cans shrimps; melt two tablespoonfuls butter and add two tablespoonfuls flour and one cup boiling cream. Stir, boil and take off the fire; add yolks of three eggs, pinch of nutmeg, salt, pepper, some chopped parsley and the shrimps. Pour into a buttered pan one inch deep. When cold cut into shape, dip in egg and crumbs and fry. Stick a small piece of macaroni to imitate a bone at the end of each cutlet, and serve with tartar sauce.

CREAMED SHRIMPS

One can shrimps, one cup white sauce. Mix together and serve on toast or in timbales.

SHRIMP AND TOMATO SALAD

Put shrimps on ice until very cold. Strip the skin from large ripe tomatoes and scoop out the insides. Set these also in the ice to get chilled. Fill the hollowed tomatoes with the shrimps, set each tomato on a leaf of lettuce and pour mayonnaise dressing over all.

FRIED SHRIMPS

Wash and drain and dry the shrimps thoroughly. Dip in beaten egg, then cracker dust and fry in butter or deep fat.

SHRIMP FRITTERS

Make a rich batter by your own recipe. Stir into this a can of shrimps, the shrimps being whole or chopped as you prefer. Fry brown in deep fat.

SHRIMP SALAD

Rinse and chill the shrimps, place five or six whole or cut in halves on each crisp lettuce leaf mixing in a little chopped celery, if you wish. Crown each of these individual salads with a spoonful of salad dressing. Accompany salad with saltines and olives.

NEW ENGLAND CLAMS

CLAM CHOWDER (Our Own Recipe)

Take two or three slices of fat pork, a can of clams, three medium sized potatoes and one very small onion, the latter to be peeled and sliced. Fry out the pork, add the onion and fry. Remove pieces of onion and pork and add potatoes cut in dice and water enough to just cover. Cook until potatoes are tender, add three cups of milk, just let come to a boil, then add the clams and leave them long enough to heat through. Salt and pepper to taste and serve very hot. Always serve crackers with this chowder, the kind called Pilot Bread, if you can get them.

CLAM SOUP

One heaping tablespoonful of butter and two rounded tablespoonfuls of flour rubbed to a cream. Melt in a saucepan over the fire and add slowly a quart of rich milk, stirring constantly; when it thickens add celery salt, a bit of cayenne, and a can of clams minced with their juice. Let it boil up once and serve.

CLAMS SAUTE, CREAM SAUCE

Chop fine a can of soft shell clams. Melt in a frying pan a heaping tablespoonful of butter. Turn in the clams and fry, stirring occasionally. As they begin to color dredge over them, a little at a time, two scant tablespoonfuls of flour, turning that it may be cooked with the clams. Let them fry in small masses rather than to keep the pieces entirely separate. When a good brown, draw the clams to one side of the pan and stir in slowly a pint of hot milk. When smoothly thickened, let boil up once and serve on hot toast.

CLAM PIE

Take one can clams, one pint thin slice potatoes, butter, salt and pepper to taste. Lay the clams and potatoes in a deep baking pan, alternating layers until dish is full. Dot with butter and salt and pepper and moisten with milk. Cover with a nice light crust as for pastry and bake until potatoes are done and crust is well browned.

CLAM FRITTERS

Drain the juice from a can of clams and use for bouillon. Chop the clams. Beat two eggs, add half a cupful of milk, a dash of salt and

pepper, half a teaspoonful of baking powder and one cupful of flour; beat well, then add the clams and mix with the batter. Drop by spoonfuls into hot fat, turn as soon as they brown on one side. Lift out with a skimmer.

BISQUE OF SAGO AND CLAM

Boil in two cups of slightly salted water, two tablespoonfuls of sago or tapioca that has been soaked in cold water over night. (Measure before soaking.) When this has become perfectly transparent, add a pint of boiling milk, a tablespoonful of butter, a saltspoonful of black pepper and half a teaspoonful of salt; meanwhile run through meat chopper, one can clams discarding black portions, heat to a boiling point in their own liquor in a granite saucepan and pour the two preparations simultaneously into a heated tureen, together with a cupful of whipped cream; thicken slightly with cracker crumbs. Serve immediately accompanied by toasted biscuits.

FRIED CLAMS

Remove clams from can, dry with a towel and dip each one in corn meal with a little salt in it, beaten egg and meal again and fry in smoking hot deep fat until brown. Bread crumbs may be substituted for corn meal if you prefer it.

ESCALLOPED CLAMS

Drain the juice from a can of clams, reserving it for bouillon. Remove black parts and chop clams fine. Stir one tablespoonful chopped parsley, one-half teaspoonful salt and a little pepper into the chopped clams. In another dish have an equal bulk of bread crumbs (baker's bread is best for this) soaked in milk. This should be about the consistency of the chopped clams. In a buttered baking dish put a layer of the bread and milk. Dot with small pieces of butter, then a layer of clams, then one of bread, etc., repeating till there are three layers of bread and two of clams. Put plenty of butter on top and a sprinkling of dry crumbs. A large tablespoonful of butter will have been used altogether. Bake in a hot oven half an hour till a nice brown crust is formed over the top. Serve with pieces of lemon to be squeezed over it.

CLAM ENTREE

For a quick entree cook together until they bubble, two tablespoons each of flour and butter. Then add the juice of one can of clams and stir in one or two eggs which have been previously beaten, and four tablespoons of thick cream. When the sauce thickens add the clam meat chopped and serve on very hot buttered toast.

CLAM WAFERS

Clam wafers are a rather new form of this toothsome bivalve. For a dozen wafers, chop fine a can of soft shell (New England) clams, removing black part, and season them with cayenne and lemon juice and salt. Add the beaten yolk of an egg and enough finely sifted cracker

crumbs to make a soft paste. Spread this on square saltines, place on a flat pan and run into a hot oven for a few minutes until the crackers are very hot and the paste stiffened. Send at once to the table.

CLAM CHOWDER

CLAM CHOWDER FROM CANNED CHOWDER

Empty the contents of the large size can into a stewpan, add a pint or more of milk, four crackers, split, small piece butter, pepper and salt to suit the taste. For the small can use only one cup of milk and season to taste. Place over the fire until it boils, when it will be ready for the table.

CLAM JUICE (CANS)

CLAM SOUP

Heat the contents of one can clam juice and half pint of milk, *separately;* when nearly to a boil, mix well together; add a lump of butter, season to taste and serve very hot.

CLAM BROTH

To one can clam juice add one-half to one pint of water according to taste. Season with celery salt and a little cayenne pepper or tabasco sauce. Let it come to a boil. Serve in small cups with a spoonful of unsweetened whipped cream on top of each.

BEVERAGE

Serve diluted with hot water or milk and season to taste. This is particularly fine on retiring.

CLAM FRAPPE

Clam Frappe is easily prepared by diluting the clam bouillon in the proportion of one part bouillon to one part water. Add a speck of paprika and freeze soft. Serve in glasses with a little unsweetened whipped cream on top.

FROZEN CLAM COCKTAIL IN LEMON CUPS

For this attractive little relish, take one pint of clam juice, one-half cup of vegetable relish or tomato catsup, one teaspoonful each of grated horseradish and Worcestershire Sauce, the juice of one lemon, and four drops of tabasco. Turn into a freezer and freeze soft. Fill lemon cup with the mixture, and set each in a wide top champagne glass, with a little cracked ice surrounding them. Ornament the edge and lower part of the glass with watercress.

LITTLE NECK CLAMS OR QUAHAUGS

Serve any of the ways suggested above for Soft Shell Clams.

STEAMED CLAMS

Heat steaming hot in the juice. Have a sauce of hot butter and vinegar, pepper and salt. Serve each person a small dish of the hot sauce in which to dip each clam before eating. Toasted crackers should be served with steamed clams.

ICED CLAMS

Serve half a dozen clams chilled and surrounded by cracked ice. Garnish with a slice of lemon and provide tabasco sauce and salt or lemon and ketchup, or horseradish.

QUAHAUGS ON TOAST

Heat the quahaugs in their own liquor. Melt a tablespoonful of butter in a saucepan, add a tablespoonful of flour and stir until smooth. Pour the quahaug liquor into this gradually and cook until it thickens slightly. Add the quahaugs and serve on toast.

CLAM COCKTAILS

Have the clams very cold. Put not more than five or six in each cocktail glass, and, just before sending to the table, cover with a dressing made in the following way: Mix together one tablespoonful of lemon juice, five drops of tabasco sauce, one tablespoonful of tomato catsup, one teaspoonful grated horseradish, half a teaspoonful Worcestershire Sauce, and salt to taste. This quantity will make three cocktails. Serve with celery and thin slices of brown bread. The cocktails are sometimes served in lemon cups, set in sherbet glasses, in grapefruit or in tomato cups.

CREAMED LITTLE NECK CLAMS WITH MUSHROOMS

Melt one tablespoonful of butter in chafing dish. Add one tablespoonful of flour—stir until smooth—pour in gradually one cup of milk and a half cup of Little Neck Clam Juice. When it boils, add 12 or 15 Little Neck clams and one cup of button Mushrooms. Stir until good and warm—serve on toasted bread or crackers.

MINCED CLAM PIE

Render hot fat from small pieces of pork, season with little chopped onions, thicken with a little flour so it can be poured. Line a deep dish with dough, pour in contents of a can or more of Little Neck clams minced (separating the Juice from the Clams), cover the dish, and bake until dough is well done.

OYSTERS

OYSTER STEW

Heat nearly to boiling three cups of milk. Then turn in one can of oysters, juice included, add salt and pepper and large lump of butter. Heat until it just boils and serve with small crackers.

FRIED OYSTERS

Drain and wipe the oysters dry, then roll in cracker or bread crumbs seasoned with salt and pepper, dip in egg beaten up with one tablespoon milk and roll again in crumbs. Fry quickly in hot fat; drain on paper as fast as taken up. Serve hot, garnished with slices of lemon.

PHILADELPHIA FRY

Drain oysters. Dip in good salad dressing then in cracker crumbs, then again in dressing and in crumbs. Fry them brown in butter or olive oil.

BROILED OYSTERS

Use a well greased broiler with wires close together. Wipe oysters dry, dip in melted butter and roll in seasoned bread or cracker dust. Broil on both sides, turning often. Garnish with lemon.

PANNED OYSTERS

Melt a tablespoonful of butter in saucepan. Add oysters with the liquor, a few drops of tabasco sauce, a teaspoon lemon juice and a little salt. When hot serve on toast, turning the sauce over the whole.

CURRIED OYSTERS

Fry oysters in hot butter for a minute. Chop one slice onion fine and fry it for a few minutes in a tablespoonful of hot butter. Add one teaspoonful of flour, one teaspoonful of curry powder, one teaspoonful of salt, the oyster liquor from the can and cook slowly for ten minutes. Add one teaspoonful of lemon juice and the fried oysters. Cook gently for a few minutes and serve with hot plain boiled rice.

GRILLED OYSTERS

Put a large piece of butter into a hot pan and when it smokes, drop in the oysters, a few at a time. When the oysters are browned, remove to a hot dish and pour over them a sauce made of the oyster liquor and melted butter thickened with flour. Season with Worcestershire sauce, salt and cayenne and serve on toast. Garnish with parsley.

CREAMED OYSTERS

One cup of thick white sauce, seasoned with sauce and pepper. Add one tablespoon thick cream. Heat the oysters in their own liquor a minute, skim out and add to the sauce. Serve on toast or in Croustades. A teaspoonful of sherry gives a delicious flavor to the above.

SCALLOPED OYSTERS

Mix a cup of stale bread crumbs or cracker and a third of a cup of melted butter, salt and pepper only for seasoning. Butter one or two very shallow dishes. Put in a single layer of oysters and cover with part of the prepared crumbs; then the second layer of oysters and remaining crumbs; two deep—no more. Wet with a little of the liquor. Dot generously with butter. When baked to a rich brown, the scallop should be moist, but not wet. Serve with olives or celery.

TUNNY FISH

PLAIN TUNNY

Use either hot or cold just as taken from the can. Serve sliced lemon with it.

TUNNY SALAD

This makes a fine salad, resembling chicken in appearance and flavor. Take one can of the Tunny, breaking the fish apart with a fork, but do not chop. Add a liberal quantity of coarsely chopped celery. Cover liberally with a rather tart salad dressing. Serve on crisp lettuce leaves.

TUNNY SANDWICHES

Mix well with salad dressing or mayonnaise adding a few drops of lemon juice. Spread between crackers or bread which need not be buttered. A lettuce leaf laid over the lower slice before filling will add to the flavor.

TUNNY FISH SCALLOPED

Use the tunny fish and an equal measure of white sauce. Fill small buttered baking dish. Cover top with cracker crumbs and dot liberally with butter. Bake half hour in hot oven.

TUNNY CUTLETS

Chop the can of fish into fine particles with a silver fork. Add one cup of mashed potatoes, salt, and paprika to taste, one beaten egg, and one teaspoonful of water. Stir all together, mold, and roll in egg and bread crumbs. Flatten into cakes, and fry in deep fat.

FRESH SALMON (CANNED)

COLD SALMON

Salmon may be served cold just as taken from the can which shall have been previously set on the ice a few hours. Open the can on side near top so it will not break apart. Serve with either mayonnaise, tartar sauce, lemon juice or vinegar. Suitable accessories are peas or string beans or asparagus tips, and mashed potato.

BOILED SALMON

Before opening the can heat it by setting in a saucepan of boiling water for ten or fifteen minutes. Serve with white sauce, or Bernaise or Hollandaise, peas and mashed potato.

CURRIED SALMON

One large can salmon, one tablespoonful olive oil, one tablespoonful chopped onion, one teaspoonful curry powder, one teaspoonful flour, one and a half cups hot water, one scant teaspoonful salt, juice of half a lemon. Pick the salmon to pieces with a fork, removing all bits of bone or skin, and drain off the liquid. Brown the onion in the oil, stir in the flour mixed with the curry powder, and when they are well blended put in the boiling water, salt, turn in the salmon and let it become very hot, then add the lemon juice and serve.

SALMON WITH PEAS (CHAFING DISH)

Open and turn out a can of salmon; discard liquid, bones and skin and break the fish in large flakes; sprinkle with the juice of half of a lemon. Open and drain and rinse a can of peas. In the blazer melt one tablespoonful of butter; add a tablespoonful of flour and stir until mixed, then gradually add one scant cupful of rich milk (if previously heated it will shorten time needed for cooking at the table), stirring until smoothly thickened. Slip the hot water pan underneath, add drained peas, a high seasoning of salt and pepper, a tiny pinch of mace and the salmon, cover and cook until the fish is thoroughly heated through. Have previously

prepared the yolk of a hard boiled egg rubbed through a fine sieve, also some finely chopped parsley. Serve on small wafers or thin rounds of toast, adding a sprinkling of the parsley and egg over each serving.

CREAMED SALMON

Make a white sauce (described under sauces). Open a can of salmon, break in flakes. Stir into the sauce. Serve on slices of toast. Garnish with grated hard boiled egg or peas heated and seasoned.

SALMON PATTIES

Cream the salmon as above, but serve in well crisped timbales or croustades instead of on toast.

SALMON CUTLETS

Drain and pick up a small can of salmon; add sufficient double white sauce to make a paste; season well, spread it out, and let it grow firm; cut into chop shape, dip in fine crumbs, egg, and crumbs, and let it stand an hour. Fry two at a time in deep fat; put a bit of parsley stem in the small end of each one.

SALMON CROQUETTES

One large can salmon, minced; one tablespoonful melted butter; two hard boiled eggs, chopped; one tablespoonful lemon juice; one-half cup bread crumbs; one-half tablespoonful anchovy sauce; pinch of pepper; one-quarter teaspoonful salt; dash of nutmeg. Mix in the order given, form in rolls, dip in beaten egg, crumbs, and egg again, and fry in hot deep fat. Drain and serve with peas.

SALMON SALAD

Use a can of salmon, a head of lettuce, some mayonnaise dressing and two hard boiled eggs. Place lettuce on platter and cover with salmon, putting eggs in slices on top. Cover with dressing and serve.

SALMON WITH LETTUCE CUPS OF PEA SALAD

Take salmon from the can in large pieces, drain from fat, and arrange in a pyramid in the middle of a round platter, and about it set single leaves of lettuce shaped like cups each one holding a spoonful of peas mixed with mayonnaise. Garnish the salmon with lemon slices.

SCALLOPED SALMON WITH PEAS

One pound can salmon. One can peas. Two cups white sauce and bread or cracker crumbs. Drain the oil from the salmon, remove any skin or bones and flake in small pieces. Butter a pudding dish, sprinkle with crumbs. Put in a layer of salmon and peas, cover with white sauce and repeat until all is used. Cover with buttered crumbs and bake in a hot oven until crumbs are brown. Serve hot. White Sauce: Two rounded tablespoonfuls of flour, two of butter, salt and pepper to taste and one pint milk. Melt butter in double boiler, add the flour, salt and pepper and mix until smooth. Then pour the milk in, stirring all the time and cook until it thickens. Instead of cooking the peas with the salmon, they may be served separately as a vegetable.

SCALLOPED SALMON WITH MACARONI

Make in the same way as above substituting two cups of cooked macaroni for peas.

SALMON SANDWICHES

Three-fourths cup salad dressing, one cup and a half minced salmon, season to taste. Mix dressing and salmon to a paste; slice bread very thin and spread with the salmon paste. Cut into fancy shapes and garnish with watercress or parsley. These can be made two or three hours before serving, by placing closely together and covering with a damp napkin. The salmon paste will keep indefinitely.

FISH ROE

FRIED ROE

Drain roe carefully to avoid breaking. Dip in cracker crumbs and fry brown in butter or bacon fat. Season well with black pepper. Very thin slices of bacon fried with the roe will impart additional fine flavor.

ROE CAKES

Mix the roe with an equal amount of bread crumbs or cracker dust and one beaten egg. Season to taste and form into small round cakes and fry. Stewed tomatoes go well with this dish.

A LUNCHEON DISH

Heat the roe thoroughly and pour over it a sauce, made of one cupful of tomato juice, one tablespoonful of butter, and one tablespoonful of flour. Cook butter and flour together, add tomato juice and cook until it thickens. Salt and pepper to taste.

FISH FLAKES

FISH FLAKES CREAMED

Add a pint or more of milk to the fish flakes, according to the size can used. When it boils slowly, add butter, a little pepper, and thickening of one heaping tablespoonful of flour in enough cold water to make a cream. Stir well, and cook about five minutes longer.

SCALLOPED FISH FLAKES

Let about a pint of milk come to a boil. Stir in a little flour to thicken and add one tablespoonful of butter and a beaten egg. Add contents of a can of fish flakes and mix well together. Cover well with cracker crumbs and brown in the oven.

FISH FLAKE BALLS

Mix the contents of a can of fish flakes with an equal quantity of mashed boiled potato. Add a well beaten egg, a little butter, and season. Form into balls, roll in egg, then in cracker crumbs, and fry brown in deep fat.

FISH FLAKE CAKE

Prepare the same as for fish flake balls, and add a little chopped onions, beets, and a tablespoonful of butter. Place the whole in a fry pan, and brown on both sides in deep fat.

FISH PASTES

Used as a sandwich filling between plain crackers. Very little need be used, as it is very highly seasoned. The Anchovy is very salt; the Kipper and Bloater fillings have a smoked flavor, and the Sardine has a natural rich flavor.

LOBSTER SANDWICH FILLING

This is one of the most classy fillings for sandwiches. Place between two slices of bread or crackers. A lettuce leaf cut to the same size of the sandwich, and placed on top of the filling, adds much to its appearance.

YARMOUTH BLOATERS
KIPPERED HERRING
SMOKED HADDOCK
HERRING IN TOMATO SAUCE

All of these products are to be heated in the can either by immersing unopened in boiling water, or by opening and heating in a double boiler. Always serve with potatoes in some form and hot bread of some kind if possible.

FRESH MACKEREL
CANNED SOUSED MACKEREL

For lunch, serve cold just as taken from the can with lemon slices for garnish.

For breakfast, heat in the can and serve hot with potatoes and muffins.

FRIED MACKEREL

Fry just as you would any pan fish, except that being already cooked it only requires browning on both sides.

PURE CLEAR GREEN TURTLE

PURE CLEAR GREEN TURTLE SOUP

Take about one quart of well seasoned soup stock which may be made by simmering in water (an hour or more) any kind of meat (and bones) with some or all of the following: Onion, leek, turnip, carrot, celery, thyme, bay leaf, sage, clove and pepper. Strain the stock, add the Clear Green Turtle, cut in small cubes with the liquid from the same, cook about fifteen minutes, season with salt and pepper and serve.

You may if you prefer make the stock by boiling a can of our regular Turtle Meat with sufficient water and vegetables. This is often done but it is not at all necessary, the other recipe being used by the best hotels.

SARDINES

To serve sardines. Open the can and either set in a sardine dish serving directly from the can or lift out the fish carefully and arrange neatly on a small dish. Serve with lemon slices, the juice to be squeezed over the sardines. Crackers plain or toasted should be served with sardines.

SARDINE SANDWICH

Take each sardine, cut off tail, split and remove the bone. Put the pieces in a little lemon juice and let stand one-half hour. Drain thoroughly and spread on toast between fresh lettuce leaves with a shake of paprika. One small box will make six sandwiches.

BREADED SARDINES

Drain the oil from sardines and dip in cracker dust. Bake to a delicate brown, and transfer to strips of crustless toast. Squeeze a few drops of lemon juice on each sardine and serve, garnished with sprigs of parsley.

SARDINE CANAPES

Press through a fine wire sieve the meat of a box of sardines and mix with sufficient thick cream to make a paste. Cut circular or oblong pieces of bread and toast one side of each a delicate brown; spread the untoasted side with the mixture and garnish the edges with chopped olives and pimentoes.

CURRIED SARDINES

One small can of sardines, a little flour, a squeeze of lemon juice, curry powder to taste, and fingers of toast. Drain the oil from the sardines, thicken it with flour, season with curry powder and lemon juice. Place in a small saucepan and stir while it simmers for three minutes. Then put in the sardines, taking care not to break them, and let all get hot through. Serve on small finger shaped pieces of toast, and grate a little hard boiled yolk of egg on each.

SARDINES IN CHAFING DISH

Peel off the skin of eight large sardines and put them into the chafing dish. Mix one dessertspoon of English Mustard, one teaspoon of finely chopped pimentoes, and two tablespoons of Worcestershire sauce, and pour over the sardines. Place over a brisk heat for three minutes. Have ready four strips of nicely buttered toast, very hot, and slip two sardines on each strip. Serve on hot plates garnished with parsley and thin slices of lemon.

SARDINE PASTE

Take the sardines out of can and put through fine sieve. Mix puree with a little fine nut puree, good butter and Madeira wine, a little cayenne pepper and a little lemon juice. The paste makes a most delicious appetizer. May be served on crackers or thin slices of toast cut in strips.

BONELESS SMOKED HERRING

To serve simply take from the box and arrange on a small dish and serve plain as a relish with bread or crackers, with bread and milk or with milk toast for luncheon.

BROILED HERRING

Put a few strips in a small pan. Cover with boiling water, leaving a few minutes to freshen. Toast lightly on each side, serve with plain or on toasted bread or crackers.

CLUB SANDWICH

Broil as above. Place the herring and some choice lettuce leaves wet with olive oil and vinegar between two slices of toast.

HERRING WOOD-COCK

On buttered toast, cut thin, lay several pieces of boneless lunch herring. Cover this again with scrambled eggs topped off with a couple layers of bacon fried or broiled quite dry and crisp. Serve it all hot for a lunch or supper dish.

HERRING SALAD

Freshen and broil half a jar of smoked herring. Break them into flakes with a fork, season with one tablespoon of vinegar and three of oil, adding a drop or two of tabasco. When cold serve on a bed of watercress or of shredded lettuce dressed with oil and vinegar. The fish may be used without cooking, but broiling develops their flavor. Thin slices of buttered rye bread should be passed with this salad.

FILET OF MACKEREL
FILET OF ANCHOVIES

These articles are to be served without any preparation whatever. Serve with sliced lemon as an appetizer or relish with bread, toast or crackers.

SANDWICH REGALIA

This is ready to use, without further preparation, for making delicious bread or saltine sandwiches.

SEA MOSS BLANC MANGE

Thoroughly wash one-third cup of the moss (press down solid to measure), place in double boiler with four cups of milk and one tablespoon sugar and cook until quite or nearly dissolved. Strain through fine sieve or cheesecloth, and add one-fourth teaspoon salt. Turn into wet moulds. Chill and serve with sugar and cream. This may be varied by flavoring with vanilla, lemon, coffee, chocolate or any fruit juice or pulp.

SEA MOSS PUDDING

Wash one-third cup moss. Cook in double boiler with one quart of milk until dissolved. Strain and stir in three well beaten eggs and one-third cup of sugar. Boil up, add flavoring of vanilla or chocolate. Cool in wet molds. Serve with sugar and cream.

FOR COUGHS AND COLDS

Place a little moss in cold water and set on back of stove until somewhat glutinous or syrupy and strain adding a little sugar and lemon juice. A spoonful or more, occasionally, will be found very soothing to the throat.

SAUCES AND DRESSINGS FOR FISH

WHITE SAUCE

Melt without browning one rounding tablespoonful butter. Add one rounding tablespoonful dry flour. Cook together a few minutes stirring all the time. Then add one cup of milk and stir until it comes to a boil. Will be smooth and thick and will not need straining.

DOUBLE WHITE SAUCE

Melt two rounding tablespoons butter, add two rounding tablespoons flour. Mix thoroughly—add one cup milk, salt and pepper to taste and cook until smooth and very thick. This is used in croquettes, tomato cream sauce, etc.

EGG SAUCE

Make a white sauce, then add sliced, chopped or grated hard boiled eggs to get the desired effect.

HOLLANDAISE SAUCE (No. 1)

Cream one-fourth cup butter. Beat yolks of two eggs in a saucepan, add two tablespoonfuls lemon juice and one-fourth cup hot water, a saltspoon of salt and a few grains of cayenne. Cook this a few minutes until quite thick, stirring constantly. Stir in the creamed butter and serve at once.

HOLLANDAISE SAUCE (No. 2)

Place in saucepan on back of range one-fourth pound butter (½ cup), into which two tablespoonfuls flour have been mixed with wooden spoon; add juice of one lemon, a little salt and pepper (and a little nutmeg, if liked), and one glass water; stir until liquor becomes uniform, and while stirring add three yolks, and then in small pieces, about one-quarter cup butter. At no time permit sauce to boil. Serve apart.

DRAWN BUTTER SAUCE

Make like white sauce using water or meat or fish broth in place of the milk and add another equal portion of butter cut in bits just before serving.

MAITRE D'HOTEL BUTTER

Cream an ounce of butter (one rounding tablespoonful), add a little salt and pepper, one teaspoonful chopped parsley and one tablespoonful lemon juice.

CAPER SAUCE

As for Hollandaise Sauce, with the addition of two tablespoonfuls of pickled capers when ready to serve.

PARSLEY BUTTER

Mix chopped parsley thoroughly with cold, unmelted butter. Lay this in lumps over fish or meat, to be melted by the heat of same.

TARTAR SAUCE

To any good mayonnaise or salad dressing add chopped parsley, sour pickles, olives and capers (any or all of these), stir in one-third volume of whipped cream. Serve on small dishes.

MAYONNAISE DRESSING

To insure success in mixing, the ingredients and dishes should be thoroughly chilled, the following should be gotten together and set in the ice box several hours before mixing.

1. Yolks of two eggs (in a large china mug with handle), this is much more convenient than an ordinary bowl.

2. 1 level teaspoon dry mustard
   1 level teaspoon salt
   ¼ level teaspoon cayenne pepper
   } Mix well in a cup and add 8 teaspoonfuls vinegar.

3. 1 scant cup best olive oil.

Have these and a silver fork thoroughly chilled, the dressing can then be made in fifteen minutes. Beat egg yolks with fork till very thick and creamy, add oil a little at a time, beating continually; this mixture will gradually become quite stiff, finally add vinegar mixture, a spoonful at a time, mixing thoroughly each time with fork. Put in covered glass jar and set on ice till ready for use. Will keep several weeks. Stir in fresh cream just before using for salad. The whole rule will take one-third to one-half cup of cream.

ANCHOVY SAUCE

Stir two teaspoonfuls essence of anchovy paste into a pint of melted butter. Let boil together a minute and flavor with lemon juice.

SALAD DRESSING WITHOUT OIL

Use four tablespoonfuls butter, one each of flour and sugar, one teaspoonful each of salt and mustard, one cup milk, one-half cup of vinegar, three eggs, a speck of cayenne. Melt the butter in a double boiler, add flour and stir until smooth; add milk and let come to a boil. Beat the eggs, salt, pepper, sugar and mustard together; then add the vinegar; stir this into the boiling mixture until thick and smooth. Bottle for future use. Stir in fresh cream just before using for salad. (The whole rule will take one-third to one-half cup cream.)

TOMATO SAUCE

Boil together a can of tomatoes with a little onion and minced peppers. Strain. Melt a tablespoon butter, and stir in a tablespoonful flour. When well mixed add one cup of the tomato juice strained. Use with or on fried fish, fish cakes, etc.

BECHAMEL SAUCE

This may be made just like the drawn butter, except that the milk should be simmered for fifteen minutes with a "bouquet garni" made of parsley, thyme, bayleaf, slice of onion, slice of turnip and celery or celery salt. Strain the milk. When the sauce is all made add just a squeeze of lemon juice.

CREAM BECHAMEL

Add to plain Bechamel a gill of cream and some minced mushrooms.

SAUCE BERNAISE

Steep a slice of onion in two tablespoonfuls tarragon vinegar and two of water. Remove the onion and pour the hot liquid over the beaten yolks of four eggs—add one-half teaspoon salt and a saltspoon paprika. Cook until smooth and thick, stirring constantly. Have ready one-half cup butter creamed until very light—add this, a spoonful at a time, stirring thoroughly each time. For fish add one tablespoonful each of fine chopped pickles and parsley—onions, too, if desired.

OYSTER DRESSING

White sauce with oysters heated in their own liquor added to it.

LOBSTER SAUCE

White sauce with chopped lobster and yolk of one egg added.

SHRIMP SAUCE

White sauce with shrimps and yolk of one egg added.

TOMATO CREAM SAUCE

To one cup double white sauce, add one cup of strained tomato in which a pinch of soda has been stirred. Do not cook after adding the tomato.

FRITTER BATTER

Yolk one egg well beaten, add one-half cup milk and beat. Add one level cup flour with one level teaspoon baking powder, one-fourth teaspoon salt, and one teaspoonful sugar sifted with it. Stir in one tablespoonful melted butter, and lastly, fold in the white of one egg beaten stiff.

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